Subject: Chat with Karen Lancaster
From: Karen Lancaster <lancaster.karen@gmail.com>
To: barriticus@gmail.com

Karen: Did you call that guy yet?
me: I'll go ahead and call if you'd like, but I kind of want to wait a few days and see how I'm doing down here before I consider going on a different med
Karen: Would you mind going ahead and getting an appointment set up? We can always cancel if you change your mind. Their first available may not be until July anyway. Please?
me: okay, I'll call now
me: okay, just talked to her, said she'd run my info by Thornton and call back with date, will be towards end of July
Karen: OK, let me know when you hear from her?
Karen: If they offer to refer you to someone else go ahead and take it, too. As I said before, you can cancel if you want to later.
Karen: Also, you mentioned earlier about going to AA. Are you still considering that?
me: everything's on the table but I don't think group stuff is really for me
Karen: ok, well this guy is with a group who do both medication AND therapy so this shrink option would be a one-on-one deal.
me: right
me: also, she asked about my previous visits to shrinks, you might want to compile that info in case he needs it
Karen: ok, will do that as well as previous meds -- especially ones that you had bad reactions to.